

## CLAIMS

What is claimed is:

1. A method of training an exercise participant that is based on a point system, comprising the steps of:
  - providing a participant with an activity chart so that the participant can determine a fitness level;
  - assigning a daily cardio exercise fitness number to the participant that is based on the participant's fitness level, wherein the cardio exercise fitness number will determine what cardio exercises the participant is to perform;
  - assigning a daily resistance exercise fitness number to the participant that is based on the participant's fitness level, wherein the resistance exercise fitness number will determine what resistance exercises the participant is to perform;
  - instructing the participant to perform cardio exercises a predetermined amount of days per week, the number of days being determined by the participant's fitness level; and
  - instructing the participant to perform resistance exercises a predetermined amount of days per week, the number of days being determined by the participant's fitness level.
2. The method of claim 1, further comprising the step of evaluating the participant's dietary plan and combining it with the training program of the participant.

3. The method of claim 2, further comprising the step of monitoring the participant's progress every six weeks and determining whether the participant is to be raised to a higher fitness level.
4. The method of claim 1, wherein each fitness level has three sublevels, each sublevel gradually increasing the number of the cardio and the resistance exercise fitness number required per-day.
5. The method of claim 4, wherein the cardio exercise fitness number is determined by first determining a CEPV of each exercise performed each day and then adding all of the CEPVs together.
6. The method of claim 5, wherein the resistance exercise fitness number is determined by first determining a REPV of each exercise performed each day and then adding all of the REPVs together.
7. The method of claim 6, further comprising the step of evaluating the participant's dietary plan and combining it with the training program of the participant.
8. The method of claim 7, further comprising the step of monitoring the participant's progress every six weeks and determining whether the participant is to be raised to a higher fitness level.
9. The method of claim 6, further comprising the step of monitoring the participant's progress every six weeks and determining whether the participant is to be raised to a higher fitness level.